

Senior Center Programs

May 2016

MEMBERSHIP

The Farmers Branch Senior Center is open to anyone 50 years of age or older. A variety of activities and special events to promote fun, fellowship and health is offered.

There is no membership fee to participate, or residency requirement, but you are required to complete and update registration information each year. You can find our program calendar and current trip schedule at: www.fbseiorcenter.com or contact Metrocrest Services at: www.metrocrestservices.org 972-446-2100

ARTS & CRAFTS

Check out the display cabinet for a sample of each project.

Design and Make Your Own Earrings

Friday, May 6, 1 p.m. Fees: \$6.50 per set
Create your own custom earrings from an assortment of beads and wires. Make it and take it home the same day.
Instructor: Carol Slawson

Beginning Greeting Card Class

Tuesdays, May 10 - June 14, 10 a.m. - noon, Fee: \$30
This class is for those who have never made greeting cards or who have limited experience. Make 12 different greeting cards throughout the 6 weeks and learn; stamping, coloring & shading, embossing, die cutting, creating dimension and how to build your supply kit. This is a pre requisite for the Intermediate Greeting Card Class.

Greeting Cards

Tuesday, May 10, 1 p.m. Fee: \$8
Learn to create your own greeting cards in this fun class.
Instructors: Jan McCord & Carmel Mosley

Crafting with Friends: Beaded Triple Cord Necklace

Friday, May 13, 1 p.m. Fee: \$8
What better way to learn something new than with friends each month. Sign up today.

Beginning Polymer Clay

Tuesday, May 24, 9 a.m. - noon, Fee: \$10
Have fun learning to work with polymer clay and make beautiful jewelry. All supplies furnished. Instructor: Nancy Lotzer

Wire Wrapping: Basket Bezel Pendant

Wednesday, May 25, 1 p.m. Supply fee: \$4
Do you have a special stone that you'd like to wear? Learn the basics of wire wrapping by making a basket with a bezel to put on a chain. Instructor: Jean Stephens.

COMPUTER**Introduction to Computers I (Using Windows not Mac)**

4 classes: Mondays & Wednesdays, May 2 -11, 1 :30 p.m.
Instructor: Linda Eakle Fee: \$15
This course is designed for the student who has never used a computer or who has limited experience. Gain a solid foundation on which to expand computer skills and gain confidence in the use of the mouse.

Introduction to Skype Class

Wednesday, May 4, 9:45 a.m. Fee: \$5
Instructor: Bill Woster
Skype provides the ability for two or more people to communicate in the world where an internet connection is available. Learn how to create and configure a Skype account and start talking with your friends and family. If you have a laptop, please bring it with you.

Introduction to Computers 2 (Using Windows not Mac)

4 classes: Mondays and Wednesdays, May 16 - 25, 1:30 p.m.
Instructor: Linda Eakle Fee: \$15
Gain a solid foundation on the different programs and capabilities of the computer. This course is designed for those who have participated in Introduction to Computers recently or have a solid knowledge of the mouse and keyboard.

All about Windows 10

Wednesday, May 18, 9:45 a.m. Fee: \$5
Instructor: Bill Woster
Interested in taking Windows 10 upgrade from Windows 7 and Windows 8? You will learn more about this FREE upgrade and get an understanding of the pros and cons. Chromecast demo will also be included in this class.

Health & Exercise**B12 Shots**

Thursday, May 5, 9 - 9:30 a.m. Fee: \$20

Blood Pressure and Glucose Screening

Monday, May 9, 8:30 - 11 a.m.
Dallas County Health Department



US ON FACEBOOK:

www.Facebook.com/farmersbranchseniors**SPECIAL EVENTS****Monthly Breakfast**

Monday, May 2, 8:15 a.m.

Menu: sausage, gravy, biscuits, eggs, juice & coffee
Entertainment: Rick Stephens, vocalist, Host: Senior Advisory Board
Sponsors: Terry Lynne, Candidate for Place 4, City Council and Richard Morgan, Candidate for DCCCD Trustee

Fishin' Fun in Farmers Branch

Saturday, May 14, 8 a.m. - Noon

Grab the grandkids and come on out to Gussie Field Watterworth Park (next to City Hall) for a morning of fun in Farmers Branch! Rawhide creek will be stocked with over a ton of fish for kids 16 and under to try their luck at catching the "big one." Loaner rods and free bait will be available. Other activities include: kayaking, zip line, catch and release tank, mud pie kitchen, Kids Zone and much more.
For more info: 972-919-8740.

Birthday Lunch

Wednesday, May 18, noon

Fee: \$2 or free if it's your birthday month.
Come enjoy a great meal and celebrate May birthdays. Cake is donated by Brookdale Assisted Living in Farmers Branch and gifts are provided by United Financial Services.

Prime Time Play/Tournaments

Wednesday, May 18, noon: 42 Tournament begins
Friday, May 20, Check tournament schedule for start times.
Everyone is invited to sign up at the front desk to play in various tournaments: 42 Dominoes, Wii Bowling, Billiards, Table Tennis, Chuckers, Five Crown, Mah Jongg and Squares.
Lunch served on Friday, May 20 at noon. (must have ticket)
Sponsors: Silverado Valley Ranch Memory Care Community, CHRISTUS St. Joseph Village & CHRISTUS HomeCare, The Village at Mapleshade and WellMed Medical Management, Sonoma House Assisted Living & Alzheimer's Care

Spud and Show: Suffragette

Tuesday, May 24, 11:30 a.m. Fee: \$2
Come enjoy a baked potato & this movie set in 1912 Britain. The story centers on Maud Watts, a working-class wife and mother who toils with her husband Sonny at a London laundry. She is startled one day by a protest by the Suffragettes, who are turning to public acts of civil disobedience to win the vote for women.

SPECIAL INTERESTS**Chronic Disease Self-Management Program**

Mondays, May 2 through June 13, 9 - 11:30 a.m.
Learn how to take charge of your ongoing health conditions. Topics will include pain, depression, arthritis, heart disease and many others. What to expect: Two trained instructors. Small group, no more than 16 people. Sponsored by Senior Source. To register or for more information call: Meagan Valdez, 214-954-4247.

New Beginner Line Dance Lessons

Tuesdays 11 a.m. - Noon, No Fee
This is for the beginner who has never done line dancing.

Group Music Lessons

4 week sessions on Wednesdays: May 4 - 25, Fee: \$200
Group Piano (Maximum 6 per class)
Two courses offered: 4:30 - 5:20 p.m. or 5:30 - 6:20 p.m.

Group Voice (Maximum 10 per class)

Two courses offered: 6:30 - 7:20 p.m. or 7:30 - 8:20 p.m.
Register and pay early to make sure class makes.

Cookin' Club: Ragin' Cajun

Wednesday, May 11, 10:30 a.m.
An authentic Cajun meal is usually a three-pot affair, with one pot dedicated to the main dish, one to steamed rice, special made sausages, or some seafood dish, and the third containing whatever vegetable is plentiful or available.
Sign up to join us as we delve into Louisiana cuisine.

Random Acts of Kindness Group: Metrocrest Seniors

Thursday, May 12, 10 a.m.

The R.A.K. group will put together care packages for seniors through Metrocrest Services. If you'd like to donate, please bring the following items to the front desk before May 12: baskets, personal hygiene products, soap, shampoo, lotions, deodorant and disposable cleaning cloths.

80 Upper Club

Saturday, May 14, 1:30 p.m.

This group is for those 80 or older who just want to have fun! There will be a special performance by childrens' group, Folklorico Mexicano in celebration of Cinco De Mayo.

Garden Group: Field Trip to Fort Worth Botanical Gardens

Wednesday, May 18, 10 a.m. \$3 transportation fee
We'll visit the oldest botanic garden in Texas that spans 110 acres with 22 specialized gardens. There is no admission fee but if you chose to visit the Japanese Garden, there is a fee.

Texas Hold 'em Tournament

Thursday, May 19, 1 p.m.

Sign up to participate in this monthly poker tournament.

Conversations in Neglected History

Every Friday at 9:30 a.m.

Join this weekly class that explores past events and topics and discovers new ways of viewing history. Special guest speaker and book author, Dr. Richard McCaslin from UNT will speak on May 20: *Texas Shrine: Alamo History & Myths*

Genealogy Trip to the Dallas Library

Tuesday, May 24, 9:30 a.m. - 3 p.m.

Hop on our bus and travel to the Dallas Library with a group who enjoys researching their family roots.
Fee: \$1 transportation fee

Rose Propagation Group

Wednesday, May 25, 10 a.m.

Be part of the rose movement in Farmers Branch and help propagate new roses with cuttings from the city's rose gardens. You can bring cuttings from your own roses to start also.

AARP Smart Driver Course

Thursday, May 26, 8:30 a.m. - 12:30 p.m.

Learn how to compensate for age-related changes, reduce your traffic violations, accidents, & chance for injury. You may be eligible for an insurance discount. This course does not qualify for a dismissal of a traffic violation.
Fee: AARP members \$15, Non Members \$20

Rock Club: Copper Enameling

Thursday, May 26, 10 a.m.

Bill Henderson will teach the basics of this beautiful art where powdered colored glass, called enamel, is applied to a copper base then fused together with high levels of heat.
Bring any new rocks or minerals for show and tell time.

TRIPS POSTED IN MAY

New trips are posted each week on Fridays at noon and are available for Farmers Branch residents only the first week. Non-residents and residents may purchase trips the following Friday at noon. Check for seat availability on the following trips: 972-919-8740. www.fbseiorcenter.com

Trip Posted May 6**Canton Trade Days**

June 3, 8:30 a.m. - 5 p.m., Fee: \$10, Extended Walking

Trip Posted May 13**Tarantula Train from Grapevine to Fort Worth**

June 10, 11 a.m. - 6:15 p.m., Fee: \$26, Moderate Walking

Trips Posted May 20**Cruisin' Cuisine**

June 16, 11 a.m. - 2 p.m., Fee: \$3, Limited Walking

Ham's Peaches and British Airforce Training Facility Museum

June 17, 9 a.m. - 4:30 p.m., Fee: \$3, Moderate Walking

Trips Posted May 27**Cruisin' Cuisine REWIND**

June 20, 11 a.m. - 2 p.m., Fee \$3, Limited Walking

Texas Sculpture Gardens in Frisco

June 23, 9 a.m. - 2 p.m., Fee: \$3, Extended Walking

Choctaw Casino

June 30, 7:30 a.m. - 5 p.m., Fee: \$3, Extended Walking

FARMERS
BRANCH*"Livin' the 50 Plus Lifestyle in the Branch"*14055 Dennis Lane, Farmers Branch TX 75234 | www.fbseiorcenter.com | 972.919.8740

MAY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 8:15 am Breakfast 8:15 am Stretch & Strength 9:00 am Billiards 9:00 am Chronic Disease Management 9:15 am Thinkabilities 9:30 am Duplicate Bridge 10:15 am Shared Moments 12:30 pm Mah Jongg 1:30 pm Intro to Computers I 2:00 pm Painting Group 7:00 pm Dance: Southern Pride	3 8:15 am Power Walking 9:00 am Yoga/Cribbage 10:00 am Inter. Bridge Lessons 10:00 am Strong & Balanced 11:00 am New Beginner Line Dance 11:00 am Fitness Orientation 11:00 am Chair Volleyball-Open 12:30 pm Line Dancing-Lo Beg 12:30 pm Bridge/Mah Jongg 12:30 pm Party Bridge 1:00 pm Table Games 2:00 pm Line Dancing-Hi Beg 3:00 pm Stretch & Flex 5-8 pm Craft Group 5:30 pm Round/Square Dance 6:30 pm Alzheimers Support Group	4 8:30 am Pole Walking 9:00 am Beginning Table Tennis 9:45 am Intro to Skype 10:00 am Five Crown 10:00 am Inter. Line Dance 10:00 am Mountain Dulcimer 1:00 pm BINGO 1:30 pm Intro to Computers I 2:00 pm De-stress Coloring 2:30 pm Table Tennis 6:00 pm Not Your Mama's Exercise Class	5 9-9:30am B12 Shots 9:00 am Billiards 9:30 am Beginning Bridge 10:30 am Chair Volleyball Team Practice 1:00 pm Instructional Quilting 1:30 pm Squares Game 3:00 pm Strong & Balanced	6 8:15 am Power Walking 9:00 am Yoga 9:30 am Neglected History 9:30 am Clogging 10:00 am Quilting Group 1:00 pm Earring Class 1:00 pm Table Games 2:30 pm Table Tennis	7  FARMERS BRANCH MARKET OPENS Every Saturday 8 am - Noon 12700 Denton Drive www.farmersbranchmarket.com 1-5:00 pm CENTER HOURS 1:00 pm Table Games and Open Recreation
9 8:15 am Stretch & Strength 8:30-11am BP & Glucose Check 9:00 am Billiards 9:00 am Chronic Disease Management 9:15 am Thinkabilities 9:30 am Duplicate Bridge 10:15 am Shared Moments 12:30 pm Mah Jongg 1:30 pm Intro to Computers I 2:00 pm Painting Group 7:00 pm Dance: Jim Baker Ballroom	10 8:15 am Power Walking 9:00 am Yoga/Cribbage 10:00 am Inter. Bridge Lessons 10:00 am Begining Greeting Card 10:00 am Strong & Balanced 11:00 am New Beginner Line Dance 11:00 am Fitness Orientation 11:00 am Chair Volleyball-Open 12:30 pm Party Bridge/Mah Jongg 12:30 pm Line Dancing-Lo Beg 1:00 pm Greeting Card Class 2:00 pm Line Dancing-Hi Beg 3:00 pm Stretch & Flex 5-8 pm Craft Group 5:30 pm Round/Square Dance	11 8:30 am Pole Walking 9:00 am Beginning Table Tennis 10:00 am Five Crown 10:00 am Inter. Line Dance 10:00 am Mountain Dulcimer 10:30 am Cookin' Club: Cajun 12:00 pm 1:30 Theater: Memphis 1:00 pm Duplicate Bridge 1:00 pm BINGO 1:30 pm Intro to Computers I 2:00 pm De-stress Coloring 2:30 pm Table Tennis 6:00 pm Not Your Mama's Exercise Class	12 9:00 am Billiards 9:30 am Beginning Bridge 10:00 am Random Acts of Kindness Group 10:30 am Chair Volleyball Team Practice 1:00 pm Senior Advisory Board 1:00 pm Instructional Quilting 1:30 pm Squares Game 3:00 pm Strong & Balanced	13 8:15 am Power Walking 9:00 am Yoga 9:30 am Neglected History 9:30 am Clogging 10:00 am Quilting Group 1:00 pm Crafting with Friends 1:00 pm Table Games 2:30 pm Table Tennis	14 Fishin' Fun in Farmers Branch 8 am - Noon Bring your grandkids Gussie Field Watterworth Park next to City Hall 1-9:30 pm CENTER HOURS 1:00 pm Table Games and Open Recreation 1:30 pm 80 Upper Club 7:00 pm BINGO 7:00 pm Square Dancing
16 8:15 am Stretch & Strength 9:00 am Billiards 9:00 am Chronic Disease Management 9:15 am Thinkabilities 9:30 am Duplicate Bridge 10:15 am Shared Moments 12:30 pm Mah Jongg 1:30 pm Intro to Computers 2 2:00 pm Painting Group 7:00 pm Dance: J.C. Tippet Country	17 8:15 am Power Walking 9:00 am Yoga/Cribbage 10:00 am Inter. Bridge Lessons 10:00 am Begining Greeting Card 10:00 am Strong & Balanced 11:00 am New Beginner Line Dance 11:00 am Fitness Orientation 11:00 am Chair Volleyball-Open 12:30 pm Party Bridge 12:30 pm Mah Jongg 12:30 pm Line Dancing-Lo Beg 2:00 pm Line Dancing-Hi Beg 3:00 pm Stretch & Flex 5-8 pm Craft Group 5:30 pm Round/Square Dance	18 8:30 am Pole Walking 9:00 am Begining Table Tennis 9:30 am Ft Worth Garden Trip 9:45 am Windows 10 10:00 am Five Crown 10:00 am Inter. Line Dance 10:00 am Mountain Dulcimer 12:00 pm Birthday Lunch 1:00 pm BINGO 1:30 pm Intro to Computers 2 2:30 pm Table Tennis 2:00 pm De-stress Coloring 6:00 pm Not Your Mama's Exercise Class	19 9:00 am Billiards 9:00 am Adobe Photoshop 9:30 am Beginning Bridge 10:00 am 42 Tournament 11:00 am Cruisin' Cuisine Trip 10:30 am Chair Volleyball Team Practice 1:00 pm Instructional Quilting 1:00 pm Texas Hold 'em Tournament 1:30 pm Squares Game 3:00 pm Strong & Balanced	20 Prime Time Tournament Check schedule at the front desk. NO WALKING OR YOGA CLASS 9:30 am Neglected History Alamo History & Myths 9:30 am Clogging 10:00 am Quilting Group 1:00 pm Water Coloring Painting: Iris 1:00 pm Table Games 2:30 pm Table Tennis	21 1-5:00 pm CENTER HOURS 1:00 pm Table Games and Open Recreation 1:00 pm Line Dance Workshop
23 8:15 am Stretch & Strength 9:00 am Billiards 9:00 am Chronic Disease Management 9:15 am Thinkabilities 9:30 am Duplicate Bridge 10:15 am Shared Moments 11:00 am Cruisin' Cuisine REWIND 12:30 pm Mah Jongg 1:30 pm Painting Group 2:00 pm Intro to Computers 2 7:00 pm Dance: Dave Alexander Ballroom	24 8:15 am Power Walking 9:00 am Yoga/Cribbage 9:00 am Beginning Polymer Clay Genealogy Trip 9:30 am Inter. Bridge Lessons 10:00 am Begining Greeting Card 10:00 am Strong & Balanced 11:00 am New Beginner Line Dance 11:00 am Chair Volleyball-Open 11:00 am Fitness Orientation 11:30 am Spud & Show 12:30 pm Party Bridge/Mah Jong 12:30 pm No Line Dance 3:00 pm Stretch & Flex 5-8 pm Craft Group 5:30 pm Round/Square Dance	25 8:30 am Pole Walking 9:00 am Beginning Table Tennis 9:30 am Computer Basics I 10:00 am Five Crown 10:00 am Inter. Line Dance 10:00 am Mountain Dulcimer 10:00 am Rose Group 11:00 am Rangers Game Trip 1:00 pm Duplicate Bridge 1:00 pm Basket Bezel Pendent 1:00 pm BINGO 1:30 pm Intro to Computers 2 2:00 pm De-stress Coloring 2:30 pm Table Tennis 6:00 pm Exercise Class	26 8:30 am AARP Smart Driver Course 9:00 am Billiards 9:30 am Beginning Bridge 10:00 am Rock Club: Copper Enameling 10:30 am Chair Volleyball 11:00 am 1:30 Theater: Alone Together Again 1:00 pm Instructional Quilting 1:30 pm Squares Game 3:00 pm No Strong & Balanced	27 8:15 am Power Walking 9:00 am Yoga 9:30 am Neglected History 9:30 am Clogging 10:00 am Quilting Group 1:00 pm Table Games 2:30 pm Table Tennis	28 1-9:30 pm CENTER HOURS 1:00 pm Table Games and Open Recreation 7:00 pm BINGO 7:00 pm Square Dancing  LIBERTY FEST PRESENTS STARS & STRINGS Featuring the Dallas Wind Symphony Gates open at 6:30 pm Farmers Branch Historical Park 2540 Farmers Branch Lane Event Hotline: 972-919-1433
30 The Senior Center will be closed for Memorial Day	31 8:15 am Power Walking 9:00 am Begin Polymer Clay 9:00 am Yoga/Cribbage 10:00 am Inter. Bridge Lessons 10:00 am Strong & Balanced 10:00 am Begining Greeting Card 11:00 am New Beginner Line Dance 11:00 am Chair Volleyball-Open 11:00 am Fitness Orientation 12:30 pm Party Bridge/Mah Jongg 12:30 pm Line Dancing-Lo Beg 2:00 pm Line Dancing-Hi Beg 3:00 pm Stretch & Flex 5-8 pm Craft Group 5:30 pm Round/Square Dance		Like to Play Chess? Leave your name and contact information at the front desk if interested. 	POLE WALKING SCHEDULE Join us each week as we trek outdoors with our walking poles for a better overall workout. Limited poles available. May 4: Plano's Arbor Hills Nature Preserve (Bus will depart at 8:30 a.m. Sign up at the desk) May 11: Rawhide Creek, meet at the Manske Library May 18: Historical Park, meet at Gussie Park Pavilion May 25: Brookhaven College/Vitruvian Park meet at Vitruvian Park	

SENIOR CENTER HOURS

Monday - Wednesday	8 a.m. - 8:45 p.m.
Thursday & Friday	8 a.m.- 5 p.m.
1st, 3rd & 5th Saturdays	1 - 5 p.m.
2nd & 4th Saturdays	1 - 9:30 p.m.

MONDAY NIGHT DANCE

7 - 9:20 p.m. Fee: \$5		
May 2	Southern Pride	Country
May 9	Jim Baker	Ballroom
May 16	J.C. Tippet	Country
May 23	Dave Alexander	Ballroom
Closed May 30 for Memorial Day		

FARMERS BRANCH Senior Center Programs

June 2016

MEMBERSHIP

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US ON FACEBOOK:
www.facebook.com/farmersbranchseniors

ARTS & CRAFTS

You must register to participate in craft classes. Check out the display cabinet for a sample of each month's projects.

Beaded Flag Sun Catchers

Friday, June 3, 1 p.m. Fee: \$10 small branch flag, \$12 large
You can choose from an assortment of designs when you register for this addicting class. Try it and get hooked too!

Crafting with Friends: Glass Garden Totem

Friday, June 10, 1 p.m. Fee: \$5
What better way to learn something new than with friends. Pick up a supply list at the front desk to be ready for this month's project. Call 972-919-8740 for more information.

Greeting Cards

Tuesday, June 14, 1 p.m. Fee: \$8
Instructors: Jan McCord & Carmel Mosley
Learn to make four greeting cards in this fun class.

Watercolor Painting: Iris

Friday, June 17, 1 p.m. Fee: \$10
Instructor: Donna Williams
Any skill level can follow along in this step-by-step, hands-on class. All supplies are furnished; all you need are brushes.

Beaded Kumihimo Bracelet

Thursday, June 23, 1 p.m. Fee: \$13 full kit, \$6 supplies only
Learn this unique braiding technique and add beads for a beautiful bracelet that you'll be proud of.
Instructor: Jean Stephens

Intermediate Polymer Clay

Tuesday, June 28, 9 a.m. - noon
Instructor: Nancy Lotzer, Fee: \$5
Enjoy learning new polymer clay techniques utilizing the clay conditioning machine. Register soon and pick up a supply list.

COMPUTER

Adobe Photoshop Elements 12

8 classes: Mondays and Wednesdays, June 6 - 29
1:30 - 4 p.m. Fee: \$35, Instructor: Linda Eakle
Learn to combine power and simplicity so you can make your photos look extraordinary, share your life stories in unique print creations and web experiences, and easily manage and protect all your photos and video clips.

HEALTH AND FITNESS

Fitness Room

The Fitness Room includes weight equipment for both upper and lower body weight bearing exercise as well as cardio equipment such as treadmills, elliptical machines and stationary bikes. There is no charge but you must attend a Fitness Orientation prior to using the equipment.

Fitness Equipment Orientations

Tuesdays 11 a.m.
Learn a safe and effective protocol and get the most out of your fitness program. Register at the front desk 24 hours in advance.

B12 Shots

Thursday, June 2, 9 - 9:30 a.m. Fee: \$20
Flu Shots of America

Blood Pressure and Glucose Screening

Monday, June 13, 8:30 - 11 a.m.
Dallas County Health Department

Pole Walking

Wednesdays at 8:30 a.m.
Pick up a schedule of places to meet and walk and come out to join us each week! Great whole body workout!

SPECIAL EVENTS

Chair Volleyball Tournament

Thursday, June 2, 10 a.m.
Come cheer on our Farmers Branch teams as they face teams from Allen, Carrollton and McKinney.

Safety and Security Fair

Saturday, June 4, 9 a.m. - 1 p.m.
This event will provide information to those 50+ on ways they can protect themselves and their assets as they age; the focus will be on safety, security and overall well-being of seniors. This will be a great opportunity for seniors and their families to meet with a range of service providers and to explore available community resources. Participating agencies will have tables to share their information. Also, there will be presentations throughout the Fair. Talks will be no longer than 30 minutes and will run from 9:30 a.m. until 12:30 p.m.

Monthly Breakfast

Monday, June 6, 8:15 a.m. Fee: \$2
Menu: sausage, gravy, biscuits, eggs, juice & coffee
Entertainment: Bill White, vocalist
Host: Senior Advisory Board

Birthday Lunch

Wednesday, June 15, noon
Fee: \$2 Free if you have a birthday in June
Enjoy a great meal and help celebrate June birthdays.
Gifts donated by United Financial Services and birthday cake donated by Brookdale at Farmers Branch.

SPECIAL INTERESTS

Alzheimer's Support Group

Tuesday, June 7, 6:30 p.m.
This group meets the 1st Tuesday of each month at 6:30 p.m. and is open to anyone with Alzheimer's disease or anyone who cares for someone with the disease.

New Beginner Line Dance Lessons

Tuesdays 11 a.m. - Noon, No Fee
This is for the beginner who has never done line dancing.

Cookin' Club: Guest Pastry Chef

Wednesday, June 8, 10:30 a.m.
There's nothing like learning from the best and we'll have a true-blue Pastry Chef to show us some tips and tricks for making desserts. Sign up at the front desk.

Random Acts of Kindness Group: Captain Hope

Thursday, June 9, 10 a.m.
Making boxes for homeless children. We will need shoe boxes and items that a child, new to a shelter, would need. Toothbrushes, toothpaste, socks, underwear, small stuffed animals, small toys or games. No food please.

Dizziness, Vertigo, and Balance Lunch & Learn

Friday, June 10, 11 a.m.
Sponsored by Wellness Vida Center
More than 1/3 of adults in the US 40 years or older have experienced some sort of dizziness, vertigo, or balance problems. Balance problems can occur from inner-ear disease, a virus, brain injury, migraines, toxic chemicals, and aging. We rely on the inner ear, brain, eyes, nerves, and muscles to move around safely. We will also provide general information on basic exercises and nutritional recommendations. Register early and pick up your lunch ticket.

80 Upper Club

Saturday, June 11, 1:30 p.m.
If you're 80 years of age or older, come join this fun, active group that meets monthly.

Garden Group: Design 101

Wednesday, June 15, 10 a.m.
Learn the basic steps to creating a creative flower design. Includes a PowerPoint presentation and a lab for designers to practice. Speaker, Janet Nevill, Master Gardener

High Technology Clinic starts June 15

Bring in your computer technology equipment on Wednesdays from 1-3 p.m. and one of our teens will work with you. No fee.

Texas Hold 'em Tournament

Thursday, June 16, 1 p.m.
Sign up to play in this monthly poker tournament. Snack sponsor: Carrollton Health and Rehab Center.

Conversations in Neglected History

Every Friday at 9:30 a.m.
Join this class that explores past events and topics and discovers new ways of viewing history. Special guest speaker and book author, Dr. Richard McCaslin from UNT will speak on June 17: *Pompeo Luigi Coppini: Defining the Historic Landscape of Texas*.

Rose Propagation Group

Wednesday, June 22, 10 a.m.
Be part of the rose movement in the city and help propagate roses from our many rose gardens. You can bring cuttings from your own roses too.

AARP Smart Driver Course

Thursday, June 23, 8:30 a.m. - 12:30 p.m.
Fee: AARP members \$15, Non Members \$20
• Learn how to compensate for age-related changes.
• Reduce your traffic violations, accidents, & chance for injury.
• Update your knowledge of the rules of the road.
• You may be eligible for an insurance discount.

This course does not qualify for a dismissal of a traffic violation. Sign up at the front desk today.

Intro to Sign Language

Fridays, June 24 - August 12, 1 - 3 p.m.
Instructor: Emily Tobey, PHD CCC-SP, No fee
Eight week course presented by a Certified Speech Language Pathologist. This is an introduction to the alphabet and basic signs involved in communicating with Sign Language to individuals who are deaf or need an alternative to speaking.

Genealogy Trip to the Dallas Library

Tuesday, June 28, 9:30 a.m. - 3 p.m.
Fee: \$1 transportation fee
Hop on our bus and travel to the Dallas Library with a group who enjoys researching their family roots.

TRIPS POSTED IN JUNE

New trips are posted each week on Fridays at noon and are available for Farmers Branch residents only the first week. Non-residents and residents may purchase trips the following Friday at noon.

Be sure to check the trip schedule regularly for open spots on our current trips. 972-919-8740 www.fbseniorcenter.com

Trip Posted June 17

Kimble Art Museum presents The Brothers le Nain:
Painters of the Seventeenth Century France
July 12, 11 am, Fee: \$9, Extended Walking

Lone Star Park

July 15, 4:45 p.m., Fee: \$12, Extended Walking

Trips Posted June 24

Cruisin' Cuisine

July 21, 11 a.m., Fee: \$3, Limited Walking

Garland Summer Musical: Nice Work If You Can Get It

July 22, 7 p.m. Fee \$30 Limited Walking

Farmers Branch Aquatics Center

14032 Heartside Place
972-919-8720 www.fbh2o.com

\$50 Annual Natatorium Senior Resident Fee

Water Works Exercise Class

Mondays & Wednesdays 9:30 - 10 a.m.
8 Classes: \$15 with Natatorium Membership; \$25 without

Prime Time Seniors Only Swim

Mondays, Wednesdays & Fridays 9:30 - 11 a.m.



FARMERS
BRANCH

"Livin' the 50 Plus Lifestyle in the Branch"

14055 Dennis Lane, Farmers Branch TX 75234 | www.fbseniorcenter.com | 972.919.8740

JUNE 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><p>Join us each week as we trek outdoors with our walking poles for a better overall workout. Limited poles available.</p><p>June 1: Katy Trail, Dallas (Bus will depart at 8:30 a.m. Sign up)</p><p>June 8: Rawhide Creek, meet at the Manske Library</p><p>June 15: Historical Park, meet at Gussie Park Pavilion</p><p>June 22: Brookhaven College/Vitruvian Park, meet at Vitruvian Park</p><p>June 29: Rawhide Creek, meet at the Manske Library</p></div>		1 8:30 am Pole Walking 9:00 am Beginning Table Tennis 10:00 am Dulcimer Group 10:00 am Five Crown 10:00 am Inter. Line Dance 1-3:00 pm Hi Technology Clinic 2:00 pm BINGO 2:30 pm De-stress Coloring 6:00 pm Table Tennis Not Your Mama's Exercise Class	2 9-9:30am B 12 Shots 9:00 am Billiards 9:30 am Beginning Bridge 10:00 am Chair Volleyball Tournament 1:00 pm Instructional Quilting 1:30 pm Squares Game 3:00 pm Strong & Balanced	3 8:15 am Power Walking 8:30 am Canton Trade Days Trip 9:00 am Yoga 9:30 am Neglected History 9:30 am Clogging 10:00 am Quilting Group 1:00 pm Beaded Sun Catcher 1:00 pm Table Games 2:30 pm Table Tennis	4 9 am-5 pm CENTER HOURS 9 am-1 pm Safety & Security Fair 1:00 pm Table Games and Open Recreation
6 8:15 am Breakfast 8:15 am Stretch & Strength 9:00 am Billiards 9:00 am Chronic Disease Management 9:15 am Thinkabilities 9:30 am Duplicate Bridge 10:15 am Shared Moments 12:30 pm Mah Jongg 1:30 pm Adobe Photoshop 2:00 pm Painting Group 7:00 pm Dance: Swingin' Country	7 8:15 am Power Walking 9:00 am Yoga/Cribbage 10:00 am Inter. Bridge Lessons 10:00 am Begining Greeting Card 10:00 am Strong & Balanced 11:00 am Fitness Orientation 11:00 am New Beginner Line Dance 11:00 am Chair Volleyball-Open 12:30 pm Party Bridge/Mah Jongg 12:30 pm Lo Beginner Line Dance 2:00 pm Hi Beginner Line Dance 3:00 pm Stretch & Flex 5-8 pm Craft Group 5:30 pm Round/Square Dance 6:30 pm Alzhiemers Support Group	8 8:30 am Pole Walking 9:00 am Beginning Table Tennis 10:00 am Dulcimer Group 10:00 am Five Crown 10:00 am Inter. Line Dance 10:30 am Cookin' Club: Desserts 1-3:00 pm Hi Technology Clinic 1:00 pm Duplicate Bridge 1:00 pm BINGO 1:30 pm Adobe Photoshop 2:00 pm De-stress Coloring 2:30 pm Table Tennis 6:00 pm Not Your Mama's Exercise Class	9 9:00 am Billiards 9:30 am Beginning Bridge 10:00 am Random Acts of Kindness 10:30 am Chair Volleyball Team Practice 1:00 pm Senior Advisory Board 1:00 pm Instructional Quilting 1:30 pm Squares Game 3:00 pm Strong & Balanced	10 8:15 am Power Walking 9:00 am Yoga 9:30 am Neglected History 9:30 am Clogging 10:00 am Quilting Group 11:00 am Tarantula Train Trip Lunch & Learn: Diziness, Vertigo 1:00 pm Crafting with Friends 1:00 pm Glass Garden Totem 1:00 pm Table Games 2:30 pm Table Tennis	11 1-9:30 pm CENTER HOURS 1:00 pm Table Games and Open Recreation 1:30 pm 80 Upper Club 7:00 pm BINGO 7:00 pm Square Dancing
13 8:15 am Stretch & Strength 8:30-11am BP & Glucose Checks 9:00 am Billiards 9:00 am Chronic Disease Management 9:15 am Thinkabilities 9:30 am Duplicate Bridge 10:00 am Beginning Clogging 10:15 am Shared Moments 12:30 pm Mah Jongg 1:30 pm Adobe Photoshop 2:00 pm Painting Group 7:00 pm Dance: Jim Baker Ballroom	14 8:15 am Power Walking 9:00 am Yoga/Cribbage 10:00 am Inter. Bridge Lessons 10:00 am Begining Greeting Card 10:00 am Strong & Balanced 11:00 am Fitness Orientation 11:00 am New Beginner Line Dance 11:00 am Chair Volleyball-Open 12:30 pm Party Bridge 12:30 pm Lo Beginner Line Dance 12:30 pm Mah Jongg 1:00 pm Greeting Card Class 2:00 pm Hi Beginner Line Dance 3:00 pm Stretch & Flex 5-8 pm Craft Group 5:30 pm Round/Square Dance	15 8:30 am Pole Walking 9:00 am Beginning Table Tennis 10:00 am Dulcimer Group 10:00 am Five Crown 10:00 am Inter. Line Dance 10:00 am Garden Group: Design 101 12:00 pm Birthday Lunch 1-3:00 pm High Technology Clinic 1:00 pm BINGO 1:30 pm Adobe Photoshop 2:00 pm De-stress Coloring 2:30 pm Table Tennis 6:00 pm Not Your Mama's Exercise Class	16 9:00 am Billiards 9:30 am Beginning Bridge 11:00 am Cruisin' Cuisine Trip 10:30 am Chair Volleyball Team Practice 1:00 pm Instructional Quilting 1:00 pm Texas Hold 'em Tournament 1:30 pm Squares Game 3:00 pm Strong & Balanced	17 <div>NO EXERCISE CLASSES & TABLE TENNIS DUE TO THE LINE DANCE WORKSHOP</div> 9:00 am Ham's Peach Trip 9:30 am Neglected History <i>Defining the Historic Landscape of Texas</i> Clogging Quilting Group 1:00 pm Decorative Painting 1:00 pm Table Games	18 1-5:00 pm CENTER HOURS 1:00 pm Table Games and Open Recreation
20 8:15 am Stretch & Strength 9:00 am Billiards 9:15 am Thinkabilities 9:30 am Duplicate Bridge 10:00 am Beginning Clogging 10:15 am Shared Moments 11:00 am Cruisin' Cuisine REWIND 12:30 pm Mah Jongg 1:30 pm Adobe Photoshop 2:00 pm Painting Group 7:00 pm Dance: J.C. Tippet Country	21 8:15 am Power Walking 9:00 am Yoga/Cribbage 10:00 am Inter. Bridge Lessons 10:00 am Strong & Balanced 11:00 am Fitness Orientation 11:00 am New Beginner Line Dance 11:00 am Chair Volleyball-Open 12:30 pm Party Bridge 12:30 pm Lo Beginner Line Dance 12:30 pm Mah Jongg 2:00 pm Hi Beginner Line Dance 3:00 pm Stretch & Flex 5-8 pm Craft Group 5:30 pm Round/Square Dance	22 8:30 am Pole Walking 9:00 am Beginning Table Tennis 10:00 am Dulcimer Group 10:00 am Five Crown 10:00 am Inter. Line Dance 10:00 am Rose Group 10:00 am High Technology Clinic 1:00 pm Duplicate Bridge 1:00 pm BINGO 1:30 pm Adobe Photoshop 2:00 pm De-stress Coloring 2:30 pm Table Tennis 6:00 pm Exercise Class	23 8:30am-12:30pm AARP Smart Driver Course 9:00 am Texas Sculpture Trip 9:00 am Billiards 9:30 am Beginning Bridge 10:00 am Rock Club 10:30 am Chair Volleyball Team Practice 1:00 pm Beaded Kumihimo 1:30 pm Instructional Quilting 3:00 pm Squares Game Strong & Balanced	24 8:15 am Power Walking 9:00 am Yoga 9:30 am Neglected History 9:30 am Clogging 10:00 am Quilting Group 1:00 pm Sign Language 1:00 pm Table Games 2:30 pm Table Tennis	25 1-9:30 pm CENTER HOURS 1:00 pm Table Games and Open Recreation 7:00 pm BINGO 7:00 pm Square Dancing
27 8:15 am Stretch & Strength 9:00 am Billiards 9:15 am Thinkabilities 9:30 am Duplicate Bridge 10:00 am Beginning Clogging 10:15 am Shared Moments 12:30 pm Mah Jongg 1:30 pm Adobe Photoshop 2:00 pm Painting Group 7:00 pm Dance: Jim Baker Ballroom	28 8:15 am Power Walking 9:00 am Yoga/Cribbage 9:00 am Inter. Polymer Clay 9:30 am Genealogy Trip 10:00 am Inter. Bridge Lessons 10:00 am Strong & Balanced 11:00 am Fitness Orientation 11:00 am New Beginner Line Dance 11:00 am Chair Volleyball-Open 12:30 pm Party Bridge 12:30 pm Lo Beginner Line Dance 12:30 pm Mah Jongg 2:00 pm Hi Beginner Line Dance 3:00 pm Stretch & Flex 5-8 pm Craft Group 5:30 pm Round/Square Dance	29 8:30 am Pole Walking 9:00 am Beginning Table Tennis 10:00 am Dulcimer Group 10:00 am Rose Group 10:00 am Five Crown 10:00 am Inter. Line Dance 1-3:00 pm High Technology Clinic 1:00 pm BINGO 1:30 pm Adobe Photoshop 2:00 pm De-stress Coloring 2:30 pm Table Tennis 6:00 pm Not Your Mama's Exercise Class	30 7:30 am Choctaw Casino Trip 8:30 am Billiards 9:00 am Beginning Bridge 10:30 am Chair Volleyball Team Practice 1:00 pm Instructional Quilting 1:30 pm Squares Game 3:00 pm Strong & Balanced	<div>Farmers Branch Aquatics Center 14032 Heartside Place 972-919-8720 * www.fbh2o.com \$50 Annual Natatorium Senior Resident Fee Water Works Exercise Class Mondays & Wednesdays 9:30 - 10 a.m. <i>8 Classes:\$15 with Natatorium Membership; \$25 without</i> Prime Time Seniors Only Swim Mondays, Wednesdays & Fridays 9:30 - 11 a.m.</div>	

SENIOR CENTER HOURS

Monday - Wednesday	8 a.m. - 8:45 p.m.
Thursday & Friday	8 a.m.- 5 p.m.
1st, 3rd & 5th Saturdays	1 - 5 p.m.
2nd & 4th Saturdays	1 - 9:30 p.m.

MONDAY NIGHT DANCE

7 - 9:20 p.m. Fee: \$5

June 6	Swingin' Country	Country
June 13	Jim Baker	Ballroom
June 20	J.C. Tippet	Country
June 27	Jim Baker	Ballroom